



Asian-Flavored Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli flowerets fresh
- 2 tablespoons crunchy peanut butter reduced-fat
- 2 teaspoons ginger fresh grated peeled
- 0.3 cup green onions sliced
- 1 small bell pepper red thinly sliced
- 0.3 teaspoon pepper dried red crushed
- 0.3 teaspoon salt
- 7 ounce pasta like spaghetti

- 2 tablespoons water
- 2 tablespoons citrus champagne vinegar

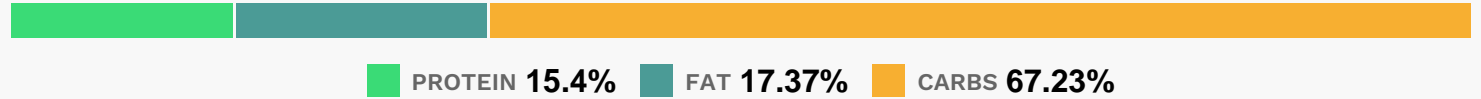
Equipment

- bowl

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add broccoli to cooking water 1 minute before pasta is done.
- Drain pasta and broccoli well; transfer to a large bowl, and add green onions and red bell pepper. Set aside, and cool slightly.
- Combine vinegar and remaining 5 ingredients; stir well.
- Add vinegar mixture to pasta mixture, stirring well.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:12.65, Inflammation Score:-7, Nutrition Score:13.558695544367%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 204.42kcal (10.22%), Fat: 4g (6.15%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 31.63g (11.5%), Sugar: 2.96g (3.28%), Cholesterol: 0mg (0%), Sodium: 165.29mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin C: 51.35mg (62.25%), Vitamin K: 47.16µg (44.91%), Selenium: 26.56µg (37.94%), Manganese: 0.58mg (29.21%), Vitamin A: 762.18IU (15.24%), Fiber: 3.19g (12.76%), Phosphorus: 125.41mg (12.54%), Folate: 45.33µg (11.33%), Magnesium: 42.24mg (10.56%), Vitamin B3: 1.96mg (9.82%), Vitamin B6: 0.19mg (9.71%), Copper: 0.18mg (9%), Potassium: 300.08mg (8.57%), Vitamin E: 1.02mg (6.82%), Zinc: 0.95mg (6.32%), Iron: 1.08mg (6.01%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.08mg (5.25%),

Vitamin B5: 0.5mg (4.97%), Calcium: 33.46mg (3.35%)